

ABSTRACT OF THE DISCLOSURE

A holographic recording and reproducing method for recording data in a holographic recording medium comprising a recording layer in which data are to be recorded as phase information of light by projecting a signal beam and a reference beam thereonto and a servo layer disposed on the opposite side of the recording layer as viewed in the direction of signal beam incidence on the holographic recording medium and having regions in which servo projections are formed by projecting the signal beam and the reference beam onto the holographic recording medium and reproducing holographic data from the holographic recording medium by projecting the reference beam onto the holographic recording medium, the holographic recording and reproducing method includes steps of setting an optical path of the signal beam so that the signal beam is projected onto other regions of the servo layer than the regions formed with the servo projections, setting an optical path of a servo beam different from that of the signal beam so that the servo beam is projected onto one of the regions of the servo layer in which the servo projections are formed after passing through an objective lens through which the signal beam passes and projecting the servo beam onto the servo layer along the thus set optical path of the servo beam.